



Lentil Walnut Burritos with Peppers, Onions and Salsa

Ingredients:

Lentil Filling:

- 1 cup walnuts, toasted
- 1 3/4 cups cooked brown lentils (see note)
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons chili powder
- 2 tablespoons nutritional yeast
- 1 teaspoon Bragg Liquid Aminos
- 2 tablespoons water or as needed

Salsa: (or substitute Dr. Fuhrman's Tex-Mex Salsa)

- 2 fresh tomatoes, chopped
- 1 small red onion
- 1 clove garlic
- 1/2 jalapeno chili pepper, seeded and minced
- 3 tablespoons fresh lime juice
- 1 tablespoon chopped cilantro

To Finish:

- 1 large green bell pepper, thinly sliced
- 1 large onion, thinly sliced
- 6 (100% whole grain) tortillas

Instructions:

Place walnuts in a food processor and pulse several times to chop them. Add the cooked lentils, oregano, cumin, chili powder, nutritional yeast and Bragg Liquid Aminos and pulse until mixture is thoroughly combined and crumbly. Add 1-2 tablespoons water as needed.

Stir together salsa ingredients.

Heat 2-3 tablespoons water in a large skillet and water saute pepper and onion until tender.

To assemble burritos, spread lentil/walnut mixture on tortillas, top with sauteed peppers, onions and salsa and roll up.

Note:

To cook dry lentils, bring 1 cup lentils and 2 cups water to a boil in a large saucepan. Reduce heat, cover and cook for 25 minutes or until tender. Drain.

This delicious recipe brought to you by: www.DrFuhrman.com

Nutritional Information:

- **Servings: 6**
- Calories: 371 kcal
- Fat: 15.1 g
- Saturated Fat: 1.7 g
- Cholesterol: 0 mg
- Sodium: 196 mg
- Carbohydrates: 47 g
- Fiber: 13.4 g
- Sugar: 5 g
- Protein: 16 g